

Advocacy Fact Sheet.

How to access advocacy support

What is an advocate?

An advocate is an independent person or organisation who can offer information, support and advice to help you make decisions, assert your rights and raise any concerns.

This support can be offered to individuals, carers, family or friends who are accessing or supporting a person accessing healthcare and disability services.

What can advocates assist with?

Every advocacy organisation works differently from each other. However, there are some key aspects that apply to all advocates.

All advocates can:

- Listen to the individual they are working with.
- Assist the individual and their support network understand and defend their rights.
- Support the individual with identifying issues they can help with.
- Support the individual to communicate their decisions that affect their life.
- Support the individual's support network (carers, family, friends) to advocate for their loved ones life.
- Help the individual obtain correct information and advice.
- Being there to support the individual to feel safe to express and voice their thoughts and wishes.

How can I find an advocate?

Sonder does not provide advocacy services, but should you require one we have listed some for you to choose from on our website:

sonder.net.au/advocacy

You can also find a list of available advocacy agencies at:

askizzy.org.au/disability-advocacy-finder

Need more information?

Our team at Sonder are here to help. If you need more information about advocacy, call our **Disability Services Team** on **1800 717 676** or email us at:

ndisenquiry@sonder.net.au